

RIDGEFIELD RECREATION & PARKS DEPARTMENT  
VETERANS MEMORIAL PARK  
604 BROAD AVENUE  
RIDGEFIELD, NJ 07657  
(201) 943-5342 FAX#: (201) 943-8887

# ***2016 SEASONAL "TEEN ATTAINABLE YOGA"***

A YOGA CLASS FOR INDIVIDUALS WHO WANT TO STICK TO THE BASICS AND FUNDAMENTALS OF YOGA REGARDLESS OF FLEXIBILITY. CLASS WILL FOCUS ON CONNECTION WITH BREATH, POSTURES (ASANAS), & TENSION RELEASE, AS WELL AS, THE IMPORTANCE OF GROUNDING, CENTERING & ACCOMMODATIONS WILL BE PROVIDED. PLEASE BRING A SMALL BLANKET OR TOWEL & A YOGA MAT..

(No Class on April 14<sup>th</sup>)

\_\_\_\_\_ **Session I:**    **Thursdays: March 10<sup>th</sup> to April 21<sup>st</sup>**            **6:00 to 7:00 p.m.**

\_\_\_\_\_ **Session II:**    **Thursdays: April 28<sup>th</sup> to June 2<sup>nd</sup>**            **6:00 to 8:00 p.m.**

*ALL CLASSES WILL BE HELD AT THE COMMUNITY CENTER, 725 SLOCUM AVE.*

---

**2016 SEASONAL TEEN ATTAINABLE YOGA**

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

PHONE \_\_\_\_\_ PHONE (Cell) \_\_\_\_\_

I hereby certify that the above-named individual is in sound physical condition to participate in Ridgefield's Teen Attainable Yoga classes.

SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

**FEE: \$50.00**            **(Checks payable to: Borough of Ridgefield) Method of Payment:**

**Date Received:**

**Cash**\_\_\_\_ **Check/MO #:**\_\_\_\_\_